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Irish Beef Stew

2 tablespoons butter/coconut oil/ coconut ghee
2 pounds beef chuck, cut into 1 1/2-inch cubes
3 carrots, cut into 1-inch chunks
2 parsnips, cut into 1-inch chunks
3 stalks of celery, cut into 1-inch chunks
1 large potatoes, cut into large chunks
2 cups cabbage, cut into large chunks
1 white onion, cut into large chunks
2 cloves garlic, minced
2 cups organic no msg beef broth
1 (6 ounce) can tomato paste
1 (12 fluid ounce) can or bottle Irish stout beer (e.g. Guinness®)
1 tablespoon cold water
1 tablespoon arrowroot powder or potato starch to thicken

Heat the oil in a large skillet over medium heat. Fry beef cubes until browned. Place all the vegetables in a large slow cooker. Place the meat on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer. Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the arrowroot powder or potato starch in cold water and then stir into the broth. Simmer on the High setting for a few minutes to thicken.

